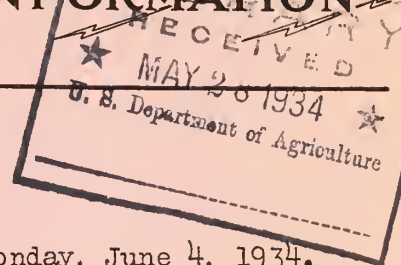


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HOUSEKEEPERS' CHAT

Monday, June 4, 1934.

(FOR BROADCAST USE ONLY.)

Subject: "Frozen Fruit-Juice Desserts." Information from the Bureau of Home Economics, U.S.D.A.

--ooOoo--

Warm weather and the fresh fruit season come hand in hand. I've always thought that was a nice arrangement of old Mother Nature's, because it offered an opportunity for so many cool, fresh-fruit desserts and beverages for the hottest days. If you know anything that can revive a wilted spirit on a hot day like a frozen dish of some kind, you know more than I do. I've always observed that ices and sherbets, because they're lighter and less rich, are better hot-weather treats than a rich cream mixture. If you have an ice cream freezer in your home, be sure to make the most of the fresh fruits as they come in season, to freeze these delicious juices for some of the most delicious, inexpensive and refreshing summer treats.

To begin with, let's define the words we're using. What's the difference between a fruit ice and a sherbet? Well, a fruit ice is a very simple mixture of fruit juice, sweetening and water, frozen in a freezer with a dasher. A sherbet is a fruit ice with a few additional ingredients. A sherbet contains not only fruit juice and sweetening but also egg white, gelatin, or a little cream or milk.

Housekeepers often ask whether they can make fruit ices or sherbets in the tray of their mechanical refrigerator. The specialists say-- "No." Such thin mixtures need stirring as they freeze to come out smooth. Without stirring, they're likely to freeze solid, as water does, or at least to form very large crystals. To have a smooth frozen mixture, you have to keep the crystals very small. So use the good old method of freezing while the crank turns for all ices and sherbets. You see, in freezing with a dasher the knife edge cuts off the crystals as they form, while the whipping part of the dasher beats in air. This air gets in between particles of water and helps prevent the formation of large crystals.

The specialists have given me a few hints about making a success of these home-made ices and sherbets. They suggest first, that you cool your mixture before you put it in the freezer. This cuts down the freezing time and makes a smoother product. Second, they say never to fill the can more than two-thirds full of the mixture you're going to freeze. Third, remember to use coarse salt for freezing. Fine table salt won't do the job properly.

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Then remember to crush the ice as evenly as possible. Use one part of salt to four or six parts of ice. Yes, one part of coarse salt to four or six parts of evenly crushed ice. Fill the freezer about two-thirds full of ice before you add any salt. Then add ice and salt in alternate layers. Finally, remember to turn the crank very slowly until the mixture begins to pull slightly or turn hard. Then increase the speed to whip the mixture. Freeze until the mixture is stiff enough to serve. Then take out the dasher and pack the freezer with more ice and salt. Let the ice stand for an hour or more to "ripen", as the specialists say, which means, to acquire an even flavor.

By the way, many people think that fruit ices are smoother if the sweetening is sirup instead of sugar. Some women use their own strained honey for making these frozen desserts. Others use maple sirup or corn sirup.

Another hint--- sometimes you can get the most delicious flavors by putting several different kinds of fruit juice together.

Now let me tell you about one of the best fruit ices I have ever tasted. It is called fresh fruit ice and you can use any of the juicy fruits from your garden or orchard in the recipe. You can use strawberries, raspberries, blackberries, cherries and so on. Strawberries and raspberries give a beautiful red shade. This makes a very pretty dessert for a summer afternoon party.

If you'll get your pencil, I'll stop right now and give you the recipe for this fresh fruit ice. It calls for five ingredients. Here they are:

2½ quarts of fruit
1 cup of water
1¼ to 1½ cups of sugar, depending on your taste and the acidity of
the fruit.
4 tablespoons of strained lemon juice
¼ teaspoon of salt, to bring out flavor.

Once more. (REPEAT)

First crush the fresh fruit. Then heat it with the water for about two minutes and stir and press so that the juice runs freely. Now strain the juice through several thicknesses of cheesecloth. You should then have nearly five cups of the fruit juice. Now, to this juice, add the sugar, lemon juice and that bit of salt -- to bring out flavor. Stir until the sugar dissolves. Use a freezing mixture of 1 part salt to 4 to 6 parts of ice. Turn the crank of the freezer slowly at first. After freezing, remove the dasher. Pack with more ice and salt. Let stand for an hour or more to ripen before serving.

That good recipe calls for a summer menu to go with it. Suppose we plan a summer dinner. Baked fish steak with parsley butter; Creamed potatoes; Broiled tomatoes or tomato jelly salad; Hot muffins; for dessert, Fresh fruit ice with wafers.

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1. The first thing I noticed
 when I stepped out of the car
 was the smell of the sea.
 It was a fresh, salty
 breeze that filled my lungs.
 I had never before.
 The sun was shining
 brightly, and the water
 was a deep, vibrant blue.
 I felt a sense of peace
 and tranquility that I
 had never experienced before.

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